

5 A Day Recipes

12 Soups to Get You Through the Winter

Chinese New Year Fresh Fish & Vegetable Soup

Serves 8

You can consider this a good-luck soup for the Chinese New Year. With fresh, flavorful fish, vegetables and fresh ginger, it surely promises good health and fortune. And it's fast to make, especially if you buy the cabbage and carrots pre-shredded. It provides one serving of vegetables for each person.

- 1 1-pound box rice noodles or other flat noodles, such as fettuccine
- 1 4-ounce piece fresh ginger, peeled and slivered
- 2 32-ounce boxes low-sodium vegetable broth
- 1 teaspoon rice vinegar (optional)
- 1 teaspoon sesame oil (optional)
- 1 teaspoon soy sauce
- 1½ pounds firm white fish fillets such as halibut, orange roughy, or red snapper
- 1 cup chopped green cabbage
- 2 cups halved fresh snowpeas
- ½ cup shredded carrots
- 1 cup sliced baby bok choy
- ½ cup fresh bean sprouts
- ¼ cup roasted chopped peanuts or sesame seeds

In lightly salted water, cook noodles according to package directions. Meanwhile, steep ginger in vegetable broth in a large pot on medium heat. Add vinegar, sesame oil and soy sauce. Bring broth to a simmer and add fish. Bring broth back to a simmer and poach fish, covered, until done - cook for about 9 minutes per inch of thickness. Remove fish from broth and transfer to a cutting board or plate. Set aside. Wash all of the fresh vegetables. Add cabbage, snowpeas and carrots to broth, cover, and cook 7 minutes. Meanwhile, using a fork and knife, flake fish into small pieces. Set fish aside again. Add bok choy and bean sprouts to other vegetables, cover, and cook 3 more minutes. Gently stir fish into soup. Serve soup over noodles and garnish with peanuts or sesame seeds.

Nutritional Analysis Per Serving:

361 calories
50 grams carbohydrate
27 grams protein
5 grams fat
1.9 grams saturated fat
27 milligrams cholesterol
134 milligrams sodium
2 grams fiber
13% calories from fat
5% calories from saturated fat
More than 1 "5 A Day" serving per person